

# MIKO

## TERRACE & BAR SNACK MENU

### WELCOME

MIKO favours home grown and local flavours wherever possible and so our menu has been specially created to celebrate the finest ingredients that have made a short journey from source to your fork (some so short it's just walking to the garden and back!). We work hard to reduce our food miles and we are proud to have some fantastic local specialities on our menus.

And it doesn't just stop at the food; at Mont Rochelle we are in a unique position to be able to serve a wide range of high quality wines from our very own vineyard.

We're all about footprints in the sand and not in carbon, so when you dine with us you can rest assured the food is sourced locally and responsibly. Think of it as you helping the environment - one bite at a time! Feel free to talk to our team if you'd like to know more about where the food on today's menu has come from.

If you have any specific dietary requirements or food allergies please let your waiter know before placing your order. Our chef will be more than happy to adapt any of our dishes where possible.

# MIKO

## SALADS

### **Miko garden salad with basil pesto vinaigrette**

**(V)(Sp)(M)(N)(Ga)(Mu) R105/R145**

Baby salad leaves, cherry tomatoes, cucumber, feta, red onion and olives

*Add cold poached chicken R30*

*Add grilled beef fillet R40*

*Add smoked trout (F) R140*

### **Classic Caesar salad**

**(E)(M)(F)(Ga)(G)(V)(Sp) R95/R145**

Crispy cos lettuce, parmesan shavings, white anchovy and garlic croutons tossed in a classic Caesar dressing

*Add cold poached chicken R30*

*Add Serrano ham (Po) (Sp) R50*

## VEGGIE & VEGAN FRIENDLY

### **Vegetable and barley soup (Ga)(C)(G)(M)(S)(Vg) R95**

Creamy winter warmer soup of root vegetables and barley with garden pea rouille on grilled ciabatta

### **Crispy Korean spiced cauliflower**

**(G)(E)(Ss)(S)(Vg)(V)(Ga)(Sp) R85**

with sweet sesame mayo and spring onion

### **Butternut and mushroom quesadilla**

**(G)(Sp)(Vg)(Ga) R110**

Pan-fried and filled with crushed butternut, mushrooms and caramelised onions. Served with a side of spicy chipotle dressing and guacamole

### **Chickpea and avo bowl**

**(Sp)(N)(Ss)(Vg)(Mu) R105/R160**

Marinated chickpeas, cherry tomato, baby leaves, avocado, roast butternut, red onion, quinoa and dukkah spice with Rozendal vinaigrette

### **The Impossible burger**

**(Vg)(G)(S)(Ss)(Sp)(Ga)(N) R190**

Vegan burger patty topped with homemade BBQ sauce and caramelised onion, lettuce, fresh red onion and gherkins on a bun with jalapeno mayonnaise and rosemary salted fries on the side

*Add avocado R20*

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## FISH

### **Salt and pepper calamari (Mo)(G)(Sp)(Ga) R105/R160**

Dusted with seasoned flour and lightly deep fried, with fresh lemon and sriracha mayonnaise

### **Yoghurt baked sustainable market fish (M)(Ga)(N)(Sp) R250**

Citrus brinjal, turmeric and coriander ragout with coconut cream, blistered cherry tomatoes with dill and pickled red onion

### **Beer battered fish and chips (E)(F)(G)(Mu)(Sp)(Ga) R195**

Hake, chips, garden peas, tartare sauce

## MEAT

### **MIKO burger (G)(M)(E)(Ss)(Sp)(Ga)(C) R175**

200g homemade beef burger or chicken breast topped with cheddar cheese, homemade BBQ sauce caramelised onion, lettuce, fresh red onion and gherkins on a bun with jalapeno mayonnaise and rosemary salted fries on the side

*Add streaky bacon (Po) R20*

*Add avocado (Vg) R20*

### **Garlic and lime grilled chicken breast (Sp)(Ga) R155**

180g chargrilled chicken breast, with crispy fried smashed new potatoes, with a rustic tomato and avocado salsa

### **Chargrilled beef sirloin (M)(Ga)(Mu) R195**

200g chargrilled sirloin, with mustard butter, whipped horseradish cream and crispy fries

### **Beef fillet strips with spiced tomato sauce and warm winter couscous salad (M)(G)(Ga)(Sp)(N) R210**

Flavours of tomato, cinnamon, cumin and garlic tossed through pan-fried beef strips, with carrot and apricot chutney, feta, cashew nuts and coriander couscous

### **BBQ pork ribs (Sp)(Po)(Ga)(S)(Mu)(C) R230**

350g chargrilled pork loin ribs, with crispy fries and jalapeno mayonnaise

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## SNACKS & PLATTERS

**Local biltong and droëwors**  
**(Sp)(Po)(C)(Ga) R95**

**Cajun roasted mixed nuts, dried fruit and salted pretzels**  
**(N)(G)(Sp)(Ga)(Vg)(C) R75**

**Cheese and charcuterie platter**  
**(M)(G)(Sp)(Ss)(Po)(Ga)(C)(Po)(E)(Mu)(C)(Ga) R255**

A selection of 3 local cheeses and 3 local meats  
Serves two guests each and comes with an assortment of pear, apple and raisin chutney, pickled vegetables, preserved sweet figs and homemade sesame seed crackers

**Cheese platter R195**  
**(G)(M)(Ss)(Sp)(V)(E)(C)**

A selection of 5 local cheeses. Serves two guests each and comes with pear, apple and raisin chutney, cape red onion marmalade, preserved sweet figs and homemade sesame seed crackers

**MIKO platter to share**  
**(Po)(Ga)(G)(Mo)(M)(Ss)(S)(C)(Sp)(E) R420**

Chargrilled BBQ pork loin ribs, garlic and lime chicken breast, Korean spiced cauliflower, salt and pepper calamari and crispy fried smashed new potatoes with feta

**Plant based platter to share**  
**(Sp)(N)(Ss)(VG)(Ga)(G) R305**

Butternut and mushroom quesadilla, served with a side of spicy chipotle dressing and guacamole, marinated olives, chickpea and avocado bowl served with crispy fries on the side with jalapeno mayonnaise

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## **BETWEEN THE SLICES**

### **MIKO club sandwich (G)(Sp)(M)(Po) R145**

Toasted ciabatta, avocado, tomato, red onion, chicken mayonnaise, streaky bacon and Emmenthal cheese, served with potato crisps and a side salad

### **Toasted sandwiches**

Served with a side of lightly salted crisps and side salad. Sandwiches are available on your choice of white bread, brown bread, seed loaf, sour dough, rye or gluten-free bread

Cheese & tomato (G)(M)(Sp)(V) R85

Ham, cheese & tomato (G)(M)(Sp)(Po) R105

Chicken mayo (G)(Sp) R105

## **SIDES**

### **Crispy fries**

(Vg) R55

### **Garlic crush new potatoes**

(M)(V)(Ga) R55

### **Garlic buttered broccoli**

(M)(V)(Ga) R70

### **Harissa butternut**

(Sp)(Ga) R55

### **Garden salad**

(V)(M)(Sp)(Ga) R65

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## DESSERT

### **Apple, fennel, cinnamon**

**(Vg)(Sp)(N) R120**

Apple 3 ways, cinnamon gel, fennel sorbet, honeycomb, cocoa nibs, almond

### **Deconstructed millionaire shortbread**

**(G)(E)(M) R125**

70% dark chocolate, salted caramel, shortbread, porcini, candied orange

### **Strawberry namelaka**

**(Vg)(N)(Sp) R115**

Meringue, strawberry gel, mint, pink peppercorn crumb, coconut sorbet

### **Malva pudding**

**(M)(E)(G)(V) R110**

Rooibos butterscotch sauce, buchu and orange ice cream

### **MIKO sundae (M)(E)(Sp)(G)(S)(N)(V) R85**

70% chocolate and vanilla ice cream with miso caramel and popcorn

### **Seasonal fruit plate (Vg) R75**